



# Vinton Take Home Notices for the Week Ending December 22, 2014

1. Mansfield Community Center Open House:  
Free Sample Class and Gym Schedules

Please  
see  
Take  
Home  
Notices  
below



**Mansfield Community Center**  
*Family, Fitness & Fun!*

#### Type of Class

Group Fitness – Studio/Gym
Group Fitness -Pools
Adult Classes
Youth/Family Classes
Family Fun Night

#### Open House Week

FREE Sample Classes!  
Membership Promotions!  
Open Pool and Gym Use!  
Family Fun Night!

## Dec. 28-Jan.3 Open House FREE Sample Class Schedule

Come in and try a new class or re-visit an old favorite!

No pre-registration is required. Some classes are for adults only, others are for children (with parents for the young ones). See the block schedule for further information.

28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	5:45-6:45 am Spin With Paul	6:30-7:30 am Spin With Ron	5:45-6:45 am Spin With Paul	MCC OPEN FROM 9AM – 5PM	5:45-6:45am Spin With Paul	
8:15-9:15 am All Levels Yoga With Patricia	7 - 8 am Fitness Walking With Ron	8 - 9 am All Levels Yoga With Patricia	7 - 8 am Fitness Walking With Ron	HAPPY NEW YEAR!	9-10 am Functional Strength With Jodi	8-9 am Spin With Todd
	9-9:30 am Kettlebells w/ Jess *gym	10:45-11:30 a.m. Aqua Therapy With Dorinda	12-12:45 am Silver Sneakers Classic With Lizzie		9:45-10:45 am Water Fitness With Lizzie	10:45-11:30 Work the Circuit With Mandy
4pm - 6pm Open Youth Volleyball Middle/High School  GYM	9:45-10:45 am Water Fitness  With Lizzie	11:35-12:20pm Aqua Therapy  With Dorinda	2 – 2:45pm Aqua Arthritis  With Lizzie		10 – 11am Natural Medicines for Cold and Flu Season w/ Jackie *comm rm	10 – 10:30am Adult/Child Yoga w/ Karrie *comm rm Ages 2 -5
	10:15-11:15 am Functional Strength With Jodi	12- 1 pm All Levels Yoga With Nanette			10:15-11:15am Yoga Core With Sharon	10:45 – 11:15am Kids Yoga w/Karrie *comm rm Ages 6 – 12
5- 6 pm Foam Roll With Jodi	4:30-5:30 pm All levels Yoga With Nanette	12:15-12:45 pm Mini Pump w/ Elle *gym			12-12:45 am Silver Sneakers Classic w/ Lizzie *comm rm	Family Fun Night 4:30 – 7:30 pm (Pools & Gym)
	7-8:30 p.m. Ballroom Dance Workshop With Kelly	12- 1 pm All Levels Yoga With Nancy			2 – 2:45pm Aqua Arthritis With Lizzie	
<b>OPEN HOUSE</b>		5-6 pm Spin With Todd	MCC CLOSÉS AT 5PM		6 – 7pm Aqua Power With Melissa	
FREE classes for members and Non-members.		6:15 – 7pm Work the Circuit				
14 years and older for Fitness classes.		w/ Jodi *gym				
For more information please call 860-429-3015.		8 – 9:30pm Masters Swim With Scott				
<a href="http://www.mansfieldcc.com">www.mansfieldcc.com</a>						

  
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## OPEN HOUSE GYM SCHEDULE 12/28-1/3

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am		CLOSED	CLOSED	CLOSED	MCC OPEN	CLOSED	CLOSED
6:00am	CLOSED	OPEN			From	OPEN	OPEN
7:00am		6:00 - 7:15A	OPEN	OPEN	9AM-5PM	6:00 - 7:15A	(Full Gym)
7:30am		40+ BB	(Full Gym)	(Full Gym)	Happy New	40+ BB	6:00 - 8:15A
8:00am		(Full Gym)	6:00 - 9:30A	6:00 - 9:30A	Year!	(Full Gym)	
8:30am		7:15 - 9:15A				7:15 - 9:15A	
9:00am	OPEN	KB (1/2 Gym)					GRADES
9:30am	(Full Gym)						3&4 HOOPS
10:00am	8:00-12P	TOT	TOT	TOT	TOT	TOT	(Full Gym)
10:30am		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	8:15-12:45P
11:00am		9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P	9:30 - 12:00P	
11:30am		OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	
12:00pm			Pump (1/2 Gym)				
12:30pm	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY	FAMILY
1:00pm	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)
1:30pm	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	12:00 - 2:30P	1:00 - 2:30P
2:00pm	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)
2:30pm	OPEN	HS/MS OG	HS/MS OG	HS/MS OG	HS/MS OG	HS/MS OG	OPEN
3:00pm	(Full Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(Full Gym)
3:30pm	2:30-4P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30-4P
4:00pm	(Full Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	OPEN (1/2 Gym)	
4:30pm	Open Youth	FAMILY	FAMILY			FAMILY	
5:00pm	Volleyball	(1/2 Gym)	(1/2 Gym)			(1/2 Gym)	
5:30pm	4:00 - 6:00P	5:00 - 6:00P	5:00-6:00P	MCC	MCC	5:00-6:00P	Family Fun
6:00pm	Futsal (Soccer)	OPEN	Circuit (1/2 Gym)	CLOSES	CLOSES		Night
6:30pm	(Full Gym)	(Full Gym)	OPEN (1/2 Gym)	5:00P	5:00P		4:30-7:30P
7:00pm	6:00 - 7:55P	6:00-7:30P	6:00-7:30P				
7:30pm		Adult Open	Futsal (Soccer)			OPEN	
8:00pm		Basketball	(Full Gym)			(Full Gym)	
8:30pm	FACILITY	(Full Gym)	7:30-9:55P			6:00 - 9:55P	FACILITY
9:00pm	CLOSES	7:30-9:55P					CLOSES
9:30pm	8:00P						8:00P
10:00pm							

### Key and Descriptions

\* 1/2 Gym Listings = OPEN GYM on other half

OPEN = Open Gym (for all ages)

FAMILY = Family Gym (Parent/Guardian with child(ren) only).

TOT = Tots and Parent Open Gym (Mats, Toys and More)

Adult Open Basketball = Drop-In Program (minimum of 18 years old and out of HS)

Adult Open Futsal = Indoor Soccer Alternative Drop-In Program (minimum of 16 years old)

40+BB = Drop-In Program 40 years old & up ONLY

KB = KETTLEBELLS - FREE Fitness Class

MCC PUMP = FREE Fitness Class

Circuit = Work the Circuit FREE Fitness Class

HS/MS OG = High School and Middle School Open Gym

Open Youth Volleyball, MS & HS students

Family Fun Night

Fri, Sat & Sun 1/2 Gym may be reserved by Birthday Parties

This schedule is available online at [www.mansfieldcc.com](http://www.mansfieldcc.com)